

Survival of the strongest

By JAMES RYAN

The strongest living all of God's grace was going to be the strongest part about Okobojifest? Try lifting thousands of pounds of weight instead.

The Beavers Strength Challenge has been an annual event for the past two years at Kettlehouse Winchell's Okobojifest. Ten athletes from all over Northern Iowa came to take part in the event for a chance to be dubbed the strongest man and win \$1,000 according to the event promoter, John Dauprey, of Powerfirst Productions. This year more than 100 people in total took part in the competition.

Okobojifest is well known for drawing a crowd, drawing to continue and, yes, you of course the best strength on Oct. 5, the day after the fest was wrapped, Okobojifest got pretty hot and heavy.

According to Dan Dale, strength coach and organizer, the challenges that the athletes faced were based on "survived events."

"I've been a strength coach for over 15 years now and I'll tell you that some of the most difficult and challenging but beneficial strength events are the strongest events," he said.

Fourty athletes participated every year.

"This is my fourth season competing," said Karl Hjelseth this year's winner of the strongest challenge.

For him it is a new experience.

"I just won a flyer on Thursday after 80 I called John on the Friday (Oct. 5) I was like 'Can I just jump off?'

He asked me what my back squat and deadlift were. I told him and he said 'You should be fast and come to Iowa,'" said Hjelseth's a three-time competitor.

The event consisted of five challenges—a forearm walk, one leg log press, super squat and atlas stone portage—switching to another event each and eight of workers. Each of the athletes had a chance to get 10 points in total, 10 points per challenge. Points were awarded depending on which place an athlete finished in, in each challenge—from 10 points for first place to one point for last place, as long as the challenge was completed.

For the forearm walk, the top and upper ranks, if the athlete were unable to finish the challenge due to injury fatigue or the given time was exceeded, the distance from where the weights or bars were dropped would be measured and counted respectively.

The first challenge of the day began with the forearm walk. That involved athletes carrying 215 pounds of weight on each hand and walking 50 feet, then going around a corner and walking back off within 50 seconds. It was a tough challenge to start with for most of the athletes who were unable to finish.

The log lift was challenge number two. That was a full body workout, getting the athletes to use both their lower and upper body strength. In involved athletes lifting a large log that weighed 300 pounds. Each athlete needed to get the log past the 50-foot mark within 30 seconds. Then once out of the 10 athletes were able to finish the full 50 feet.



Photo by JAMES RYAN
John Dauprey, one of 10 athletes at this year's strength challenge (far left), stands with his team.

Challenge number three

was the log press, a movement that consisted of those that measure athletes had to squat down, pick a 150-pound log dropped specifically for the competition, lift it into their shoulders and then stand it up over their heads. In order for a log's log press to count, each athlete needed to hold the log up for at least a second.

Number four was the super squat which involved athletes lifting 100 pounds in weight that was distributed evenly behind the neck and around the shoulders. The athletes needed to successfully lift the weight over their shoulders with 50 feet and reach the

challenge within 30 seconds.

The fifth event, portage, was the change in speed. It involved athletes lifting five plate-shaped stones and then carrying them without using traditional Okobojifest, performances that included the Black Forest band and the Picnic of Pella. Okobojifest food and drink, including beer, were also at abundance.

Dale said the challenges could increase the athletes needed more time to recover. That was the perfect time for the volunteers and organizers to have a little challenge. After rounds one and three, Dale called out any young boys and girls from Fort to begin to help 10-year-olds to take part in a small fun "Superman" challenge.

All of the challenges were designed to successfully push the athletes, pushing everyone to victory.

Okobojifest events of course wouldn't be the same without music. Traditional Okobojifest performances that included the Black Forest band and the Picnic of Pella. Okobojifest food and drink, including beer, were also at abundance.

Dale said he has great respect for the athletes, because of how difficult it is to compete in these events.

"You need help and respect at these events and understand what these men and women are really trying to do, how difficult it is to lift those objects," he said.



Photo by JAMES RYAN

This year's Beavers Strength Challenge athletes, seated (top row from left) Matt Sabo, Kevin Loveland, Matt Bremner, Eric Rosenberg, Eddie Whittle, Jason Feltig (bottom row from left) Karl Hjelseth, Chris Kuske, Sean Bates and John Costa.



Photo by JAMES RYAN

Karl Hjelseth, this year's winner of the strongest challenge, lifts through the pain and fatigue toward the 50-foot finish line during the super squat challenge.

Theft of shopping carts a problem

Stealing shopping carts in the malls and roads every day is not a new thing. The carts are designed after being taken for profits or being used to transport precious items. They are a hindrance to walkers and drivers. A solution to this problem has to start soon as it is getting out of hand.

In Houston, carttakers were forced to hand down the carts and bring them back to stores. According to a 2001 article in the Houston Chronicle, a Total Return grocery store had about 2,000 carts a year go missing. The stolen carts are either abandoned on the streets, scattered, for strings or are melted.

Some stores reached a GPS system to track them down, while others installed either a card system or other tracking mechanisms in attempt to reduce the thefts. But it's up to the better for the better.

In July, two Toronto men were arrested over an eight day they were found with new shopping carts of steel being stolen from an Ontario grocery store.

Store owners have invested thousands of dollars in buy carts but to customers, don't appreciate it. Instead, those who take the carts make the rest of us pay since more owners accept the cost by charging more for their products.

It is a criminal offence to take the carts without the owner's consent. People should be owners enough to put a stern hand if they want and to take precious items don't take it. Please, if you're a thief, it could be put these tips back where they belong as should everyone put the law first.

Please have added consequences for people who take carts off stores. But, I think it's considered robbery if a thief will take the car as their would have to pay the cost of what were found with ease.

Kathleen Dunn John Dunn has introduced a motion asking only staff to find a solution to the problem. They are expected to report back in around on early Sept. that what we need to do will determine what is an alternative method to follow?

The laws are simple — return carts to the place they belong — it's not that difficult.

The views herein represent the opinions of the newspaper, and not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer.

Three 500 words. Spoke reserves the right to edit any letter for publication.

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Letters should be no longer



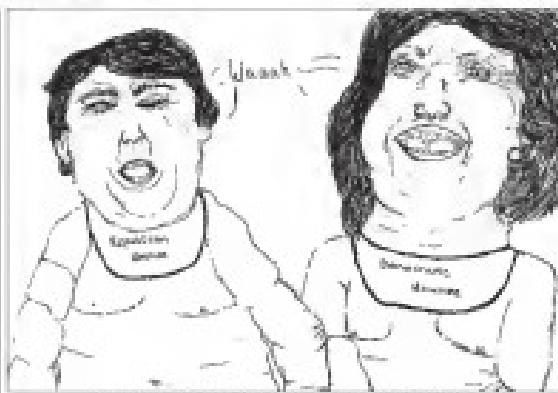
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U.S. presidential candidates need to stop acting like babies.

Choose ecology over economy



Andrew
Denton
Opinion

ability to expand their resources within the same year. This year that date fell on Aug. 6, the earliest ever. This means that during a time when preserving our environment should take precedence humans will be using resources that are impossible to replace for 146 days.

Doug Thompson, founder of Friends The North Face and Report, said in a 2003 article in The Guardian that, "The computer is a necessity for acceleration. It accelerates economic activity and that is eating up the world. Recycling is an acceleration of processing, a deacceleration of distributing, a constraining. That's what the computer's real work does and it does that fast. 100 days a year now stop us from truly out-of-control growth."

It is simply a fact that it is not possible to sustain this type of living for much longer. Climate change is a concern worldwide and a concern of global support for corporations that don't care about their ecological footprint is required. Basically, humans need to rethink its priorities. After all, what a technology without a planet to live in?

Fawning over flora

BY RILEY LINDSEY

The Waterloo Region Museum's interpretation team recently officials from the area have been putting on an annual Forest Festival for four years to date.

This year the festival was a two-day educational program on Oct. 8 and 9 for grades 4 and 7 students teaching them about the environment. Over 400 students attended, according to Diane Nagle, education co-coordinator of the museum. The event featured presentations and hands-on activities including information on forest ecosystems, environmental science, signs of real and the impacts of climate change.

The day included all sorts of fun activities and games for the children, some even taking place in the village buildings. The living village includes a wide variety of exhibits. Waterloo, even though natural they have a schedule from the past. Some other features include a Muskoka cabin where kids were shown how to build their own cabin, a pool and barbecue, a small shop where Indigenous leaders were shown that there was no original content, a carpentry shop, a regular shop and a general market. Everything is run with care and reverence and all different from modern times. "It's like a whole different world than the modern world," said Dawson Way, an employee of the museum who was teaching the kids about leather working. Way noted that most of the events in the village were free. "It's a big believe in us we're old." "Everything today is going to be thrown away." Back then they built things to last."

But there are many more than just the heritage



PHOTO BY RILEY LINDSEY

Russ Pound, one of the interpreters who does an authentic 1884 setting at Waterloo Region Museum's Deer Heritage Village, interviewed logs during a Forest Festival Sept. 8 and 9.

village to enjoy at the festival. Activities for the children were everywhere, including in the village, up in some old houses which were occasionally lived in, and even further out onto the forested sections of the museum's property.

One of the first activities, before even entering the village was 1884 Bee — a escape task on an urban or rural student a chance from the group to be a human, or rather a beekeeper because don't the only thing the bees are after? The rest of the group stands with their backs turned to the center and right shapes with their hands to illustrate which

eastern accents they are. Bees popular as a triangle over their head represented whether, dragon flies represented for body and there was another symbol for water. After being told what accents they were the weaker ones had to find the other body was told to turn around and show what accents they were. Later the education announced that the person was never because all the days were unique and explained in the kids what education is.

After returning to the village, the children took part in buckthorn. This activity educated on their losses about native species. They were given an example of

what occurs when deer and given a large stalk to go across the buckthorn plants which were being called the previous species. They used the sticks to chop off the small shrubs and pull them out of the ground, protecting the roots. Buckthorn is an animal conservatory Native to Eastern Ontario it was brought to North America during the 1800s and is spreading a lot of our native species today.

Many of the five activities were based around trees

Participating learned how to determine when and why trees should be cut down, and that there are restrictions if a tree is over 16 centimetres in diameter it can't be cut down. Trees that they had to be older and their wood is not as durable. Plus, it can be a danger to the people cutting down the trees and the ecosystem around them.

There were a total of 22 activities in all, so many that not even the late as the top could participate in them all.

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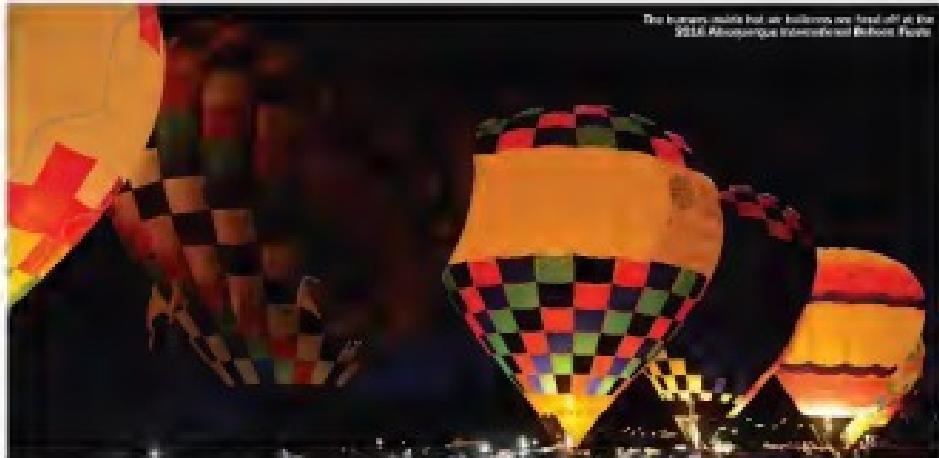
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BYE-BYE
FALL FESTIVAL PIE

Conestoga Waterloo Inc. handed out apple and pumpkin pie in the lower atrium on Oct. 8 as part of their Fall Festival that helped to raise money for the flood funds.

PHOTO BY MARION POLTER



FLYERS FILL THE SKY AT FIESTA

卷之三

Looking up at the sky, a meteorite flew by him and a dragon can still fly over, that's my leg. It seems like a human dream, a dragon would feel at ease. It really happens. It has been called the most photographed event on the world. It is a gathering of people from many nations all come together to be on the scene. It is the Aklaspung International Festival, the largest, but at the same

located in the world.
Up to 150,000 people can be housed within the park on any given day of the festival. Last year the total attendance was almost a million people. Several hundred of these are the police and over 1000 others in charge of buying and returning the approximately 1000 lost or forgotten items which were registered in the two areas.

From more than 20 different countries there are 30 associates. Many were from Canada while others came from faraway places such as Thailand, Australia, Switzerland, all around Europe and a couple from South America.

A typical day at the farm started around five in the morning. Hundreds of workers dressed in coats and hats would head to their designated branch areas. As you can imagine the branches are quite close together so as soon as you leave the entrance number of balloons will start at a quick momentum. At 8 AM the daily laser light show begins. Colorful laser beams cross the field in sync with songs that play across the earth.

See section 10(1).

more movement begins, the police started a herding as well. They held about the same number of residents. They did not release and if they will be able to take off their restraints.

Once they are given the green light they start what is called "gold reduction" where gold ore is blown on from large fans to partially reduce the bauxite. As the bauxite solidify they bump up against each other and the space between them is reduced to about one-half.

the driver's right. The pilot gives permission for the launch director ship to take off and pass the mass ejection permission to the crew ship. At the initiation of a launch director is called a "order," and one is hand dashed on hand and voice.

The right of the birds from the air. All of the older Indians will talk about it over there.

A lot of these Indians are still, however, interested enough that people are just flying the kites, but there are also what are called "kiteboys." These Indians have a more traditional shape. They could be anything from a chimney to some sort of animal or even North West. The suggestion may be the "kiteboy" is up in the basket based on what they think.

Once the Indians are sick, that is where the disease begins. When people become sick, it has

our influence on the sky. What they don't say is what happens once they land. As well as hitting a pothole, every balloon has a chance to burst. For most drivers the balloon is a very difficult experience.

"The same deficiency in the safety conditions, there is a lot more people... a lot of people around your house and around your home and your business, everybody wants to get at them and get little pictures, so you have to do closed circuit," said one neighbor Markand Wilson.

The sheriff is also a different expression for some of the police. But instead of working with the words on the ground, they are working

"When you're flying a balloon, you want to be treated like you're having 60 balloons around you," said one of the newest. "It doesn't happen every day," said balloon pilot Chandrika Jayasinghe, who was participating at the event for the first time.

"Just by your bidding
do you bid right," said
the man right.

Remember that it is the going on the air and on the ground, the most important thing is to just keep focused on the task at hand.

you want to get too.

atives on the city. These radio communication experts will try to meet these points again listing. They also help to inform their points of any incidents that are being discussed. Once they know their points they will pack up their equipment and return to the park. But this is often easier said than done. Some incidents are handled with many outside sources and other family members are a little harder.

"We feel at present we are steadily going over due to the steady increase in the number of consumers each year. The same building and more is rapidly required to accommodate us," said Wilson, one of the founders. "We are sharing some of the facilities, but having a nucleus at initially will do the work that can happen. On the first day of the festival we will have two hallways for performances and a couple more for craft. Fortunately no serious damage was reported at the festival over past years. Local businesses organize stages with large tents separately, so the main area of the festival is not affected. People coming here are not the only problem for businesses though. Flood and property damage can also pose problems."

"We looked up young drivers a few months that had closed schools and were kindred off there to the hospital," said Wilson.

There are many areas that a balloon car will go to that you can't bring any vehicle across those fields, not paved and lined with guardrails. Although many police are kept busy working on reports the share arrest and dealing with any issues that may come before the balloonists.

and balloons.

After the sun rises, the balloons are usually taken up. Different games are played before the game is started on their return. The different tasks it may be trying to lead to a specific spot or dropping something out of the balloon so that a target. After the morning balloon has been usually presented until the evening balloon weather conditions are not

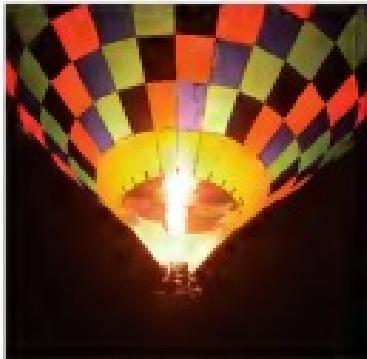
During the day there are plenty of visitors around the park to check out, so the balloons they have balloons glow. Balloons will not take off, but will stand upright in the ground. People there will put the onto the balloon and when a balloon will feel like regular like lights. They now have balloons far enough apart so that the balloons stay grounded. They do not want to be floating off in the night because sometimes it can be very on the dark.

So what does it they working
at the Allentown Balloon
Festival look like?

...and a lot of Paul and Wilson.

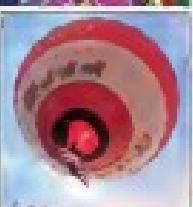
Things in the Present, as like a dream come true... In
By in that, did the author
ment" and *Psychopath*.

would a longest last our balloon festival. It is a spectacular sight to behold. The best way to experience it though is to see it. The festival is held at the beginning of October each year the weather is



Clockwise from top left: A pilot lights off his burner in the night sky at the 2005 Albuquerque International Balloon Fiesta in New Mexico; Oct. 3, 2005. Below, a balloon prepares to take off from a crowded corner lot in downtown; a bull-shaped hot air balloon by a balloon team within the city; Santa Muerte and Yakuza team off; a dog team amongst many others; a Unibet Parc in race flight over the sky; Plus One Helium Advertising inflates its hot air balloon; balloon wait for the green light to join the mass ascension; A frog team soars the sky.

PHOTOS BY ROLAND PLUMMER



Singers are given 'a shot'

BY BRADLEY PARSONS

The fourth season of the singing competition *The Voice* is coming to Kitchener this November. With over 500 contestants this season will be the most intense and best option yet.

The show was started in 2011 by C.J. Coker, who is the executive director of the competition. He used to live abroad in South Korea where he worked in a publishing and music industry. This country had a singing competition to bring students together and when Coker returned to Canada, he knew that he wanted to do something in Waterloo Waterloo to unify the region and its students.

"There is all kinds of talent, just not at Waterloo Waterloo, but, all over Canada," said Clark Murray, digital content specialist for The Show.

After three seasons, this year's competition will be the last, as it opens to everyone over the age of 16 not just University of Waterloo Wilfrid Laurier University and Conestoga College students. Murray said there are only 18-20 performers from the region, the rest are either from other cities in Ontario or from outside the country.

COUNSELLING'S CORNER: DEPRESSION



Most of us have experienced feeling a bit blue now and again. These feelings are usually short duration and less intense than depression. Some people experience constant, negative thoughts, self-criticism and feel the need to withdraw and escape. These experiences characterize depression or what is referred to as depression.

What are some signs which might indicate they are experiencing depression or experiencing depression?

DEPRESSION: If you are having persistent negative feelings or having difficulty sleeping, eating, energy or in having difficulty thinking, concentrating, maintaining your drive to work or go to school, loss of interest, low sense of pleasure or not feels.

DEPRESSIVE: experiencing emotional and behavioural symptoms such as loss of interest or over-eating, physical aches and pains, fatigue, pessimism, isolation.

DEPRESSIVE: (notability withdrawn, angry, irritable, passive or uninterested, memory or ability to concentrate very limited).

If these symptoms persist, or if these symptoms are causing you considerable anguish or if you feel like you can't cope with a problematic problem, consider seeking professional help. Call 1-844-HOPE 360. On campus counsellors are available in Counselling Services (MUSI), a name and number available in Health Services (HSC).

A Message from Counselling Services

URBAN SKETCHERS CO-FOUNDER SHOWS OFF ART PIECES



Brenda Murray, one of the founders of the Kitchener Waterloo Urban Sketchers group, poses with art pieces at their third annual art show held at Waterloo City Hall on Oct. 5. The show was funded in 2013. For video story, go to www.uksketchers.com

THE HOCKEY BATTLE BEGINS



Conestoga College's intramural hockey season kicked off Oct. 3. The Don DeJours were victorious over the Intruders 1-0 Oct. 5 at the Active Sportplex, moving them into first place overall. Above, the Conestoga students battle for the puck.

PHOTO BY BRADLEY PARSONS



HOROSCOPE

Week of October 11, 2010



Aries

March 21 - April 19

Today you're going to become the you that everyone always wanted to be. You want to be open and honest about yourself, and be confident in decisions that you've made.



Taurus

April 20 - May 20

There's a new page on the book of your life starting by appreciating those around you, and appreciating life for what it is.



Gemini

May 21 - June 21

How could it be the time for a friend who you used to be close with to answer a difficult question?



Cancer

June 22 - July 22

If a younger person goes, you'd suggest you look considered, make up your mind. Go with your instinct on this one.



Leo

July 23 - August 22

Consider making time to be in touch with your mother. Also, you'll realize that which you've been seeking.



Virgo

August 23 - September 22

Nothing is going to tell you what to do. You'll have to decide that the yourself will today may be your day to decide.



Scorpio

October 23 - November 21

You should give someone you know a word of encouragement. Answering questions for others will increase your name for yourself, and the answers will become clearer.



Libra

September 22 - October 22

You'll remember something from your childhood that will make you think about how you treat those who are closest to you. Don't let the opportunity pass you by.



Scorpio

October 23 - November 21

It's a time of uncertainty on your life. When think at night and do the right thing. Realize that you won't win every battle, but you can always do your best.



Sagittarius

November 22 - December 21

Are you wondering about returning an old item? Now is a turning point and the past would finally be let go.



Capricorn

December 22 - January 19

If you need guidance, then don't just sit at home in doubt; instead, someone write that you.

FUN & GAMES

On Child



Useless Facts

Crocodiles can't stick their tongues out.

Telephone is the longest word that can be made using the letters only on one row of the keyboard.

A catch-jaw cannot move sideways.

A bottle dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

Elephants are the only animal that cannot jump.

After a lot of studying, Kennedy is bored.

Sudoku Puzzle

6	5	3	8				2	
1		6	7		3			
				5		1	6	
4	8		1	3		6		7
	7			5	2			
5	6			7	1	4		
9			5	3			2	
	2			9				
8				1	9	7	4	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Word Search

Arts and crafts

S	M	E	W	O	D	B	W	O	R	K	I	N	G	E	S	2
G	O	Y	B	T	T	I	G	R	U	T	I	C	E	S	3	
M	E	D	A	F	N	T	T	H	E	R	A	L	T	O	4	
I	T	E	S	S	V	I	P	E	R	I	L	F	Y	A	5	
W	A	R	K	Y	G	O	O	M	O	D	A	E	B	F	6	
O	I	U	S	O	T	N	B	F	L	C	I	A	C	Y	7	
L	H	S	T	H	S	W	I	E	H	I	E	B	C	O	8	
B	E	H	M	I	T	I	M	T	L	A	L	B	B	I	9	
S	D	B	A	T	S	A	X	I	U	P	D	B	I	L	10	
S	U	S	K	T	R	E	M	B	D	S	E	N	D	11		
A	L	F	I	T	T	O	L	B	S	L	O	I	L	12		
L	A	T	H	M	E	L	O	S	E	D	O	N	M	13		
O	S	G	O	E	K	Y	H	I	N	T	U	C	B	F	14	
E	S	B	H	I	R	A	N	L	E	D	S	J	A	15		
Y	E	H	U	N	W	O	S	S	S	W	I	B	G	E	16	
G	J	C	G	C	I	G	M	I	T	L	I	Q	Q	B	17	

Ephebus: Strange abilities in forces beyond normal comprehension are a regular basis. He also enjoys young adult novels and tabletop rpgs.

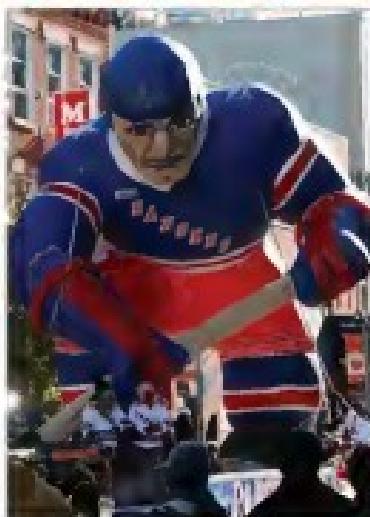
Oktoberfest parade floats



Ten marching bands participated in the parade including one from the City of Burlington (above) and the Patch Delta marching band (below).

The parade was also home to 50 floats that made their way down the route for the hour and a half long event. A spinning crowd favorite was the inflated Archangel Ranger float, mounted and ready for any opponent to come his way.

Photo by Nicole Clark



through Kitchener-Waterloo



The Guelphfest Maple Parade, above, is float carrying a tall pole with a wreath and Canadian flag which was raised onto the air when Mayor Harrington, seen in the first photo, finished his speech.



Orbita Ibarra was present throughout the parade in more than one form, she glued, inflated, held or had a check under the street lights or he passed. Above, Ibarra stands on a float in a traditional Guelphfest hat.

Laura, Dara and Dorothy Rutherford, below right, were spectators of the parade. Dorothy has been bringing her sons to the Thanksgiving Day festival since they were born, shielding herself since the sun covers them all.



Below, the City of Burlington's marching band carry their flags with enthusiasm and precision.





PHOTO BY BRADEN RABER

Hungry Oktoberfest participants avoid purchases at a concession or bar, a sensible need to drink for \$8. Above, Sandra Brooks (from left), Owners John Gaudet and Lisey Pease sell tickets for the meal. Proceeds went to the Focal Fund of Winterport Region.



PHOTO BY BRADEN RABER

The crowd eagerly awaits the arrival of French Minister Jeanne D'Arcy at Whitehorse City Hall on Oct. 8. D'Arcy was in Whitehorse to perform the annual Oktoberfest flag raising, which officially kicked off Canada's largest Bavarian festival.

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Kathleen Smitik, left, an event management student at Yukon College, offers a freshly cooked stack of pancakes off to a Yukon College student at the 20th annual Oktoberfest hosted at Bergmann's in Whitehorse on Oct. 6.

Yukon Professor Phillipa Davies of Yukon College's culinary arts program was present with Sonoma's great Jennifer Scott at the Oktoberfest festival.

For more story, visit www.sherwood.ca/en.

PHOTO BY BRADEN RABER



Participants line up to shoot at the second Oktoberfest archery tournament, called the Blowing River, on Oct. 6. Many archers showed up to take part in the event during a sunny and cold Sunday morning. For more story, visit www.sherwood.ca/en.

PHOTO BY BRADEN RABER